

## MECHANIC'S TRACK CREEPER

### ABSTRACT OF THE DISCLOSURE

A mechanic's track creeper is described, which includes a body, and a rail interface coupled to the body, wherein the rail interface of the creeper is operatively engageable with a rail having a translational axis, wherein the rail interface of the creeper comprises a means for ensuring proper alignment of the rail interface relative to the rail, and wherein the creeper is enabled to translate from a first position to a second position along the translational axis of the rail. A track including such a rail is also described, with an elongated dimension defining a translational axis, wherein the rail interface of the creeper is operatively engageable with the rail, and wherein the creeper is enabled to translate from a first position to a second position along the translational axis of the track.